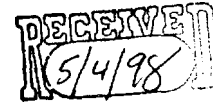




April 27, 1998

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Office of Special Nutritional (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 c St. Sw  
Washington DC 20204

Re: Notification of DSHEA nutritional support claim for AmeriFIT Estroven Dietary Supplement

Dear Sir or Madam:

The purpose of this letter is to provide notification pursuant to section 403 (r)(6) of the Federal Food, Drug, and Cosmetic Act ("the Act") and 7 C.F.R. §101.93 that AmeriFIT, Inc., is marketing a dietary supplement that bears a statement of nutritional support as defined in section 403 (r)(6) of the Act.

The labeling for Estroven bears the following statements:

"Soy, a source of all-natural estrogens which help supplement the body's own estrogen levels."

"Kava kava, a traditional calming herb."

"Adequate calcium intake is important for strong bones,"

"Estroven also provides boron, a nutrient that works together with calcium to support positive bone health."

"Vitamin E and B-12 are both heart friendly nutrients. Folic acid may help in preventing the formation of homocysteine, a substance considered to be heart unfriendly."

"Thiamin (B1), riboflavin (B2) and niacin (B3) help transform carbohydrates into energy in our diets.

"Essential trace mineral with protective antioxidant characteristics." (referring to Selenium)

"Estroven helps balance your body chemistry and ease this normal but often distressing transition."

"The natural way to maintain a Woman's balance."

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Corporate Headquarters  
166 Highland Park Drive  
Bloomfield, CT 06002  
1-800-990-FIRM (3476)  
(860) 242-FIRM (3476)  
FAX: (860) 243-9400

AmeriFIT, Inc. has on file substantiation that the above statements are truthful and not misleading.  
To the best of my knowledge, the information contained in this notice is complete and accurate.

Sincerely,

A handwritten signature in black ink, appearing to read "Craig Larsen", followed by a long horizontal flourish.

Craig Larsen  
Director of Product Development and Quality Assurance